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Institutional Feeding Managers
Stewards-Chefs-Cooks

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ATTENTION PLEASE !

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FEBRUARY FOOD NEWS!
(February 7, 1944)

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U.S. DEPARTMENT OF AGRICULTURE

Seasonal peaks in crops provide plentiful supplies and a variety of certain foods. Your cooperation is needed to help avoid waste and aid the distribution of these foods by using them in menu planning.

Here is a list of UNRATIONED foods which should be relatively abundant in the Western Region during the month of February. These foods will make it possible to give a new life to menus and recipes that will counteract any possible monotony in wintertime months.

EGGS
WHITE POTATOES
CANNED GREEN AND WAX BEANS
FROZEN VEGETABLES (excluding corn, peas and lima beans)
CITRUS FRUIT (lower prices for small oranges)
CAULIFLOWER
CELERY
AVOCADOS
CITRUS MARMALADE
CEREAL BREAKFAST FOODS
SOYA PRODUCTS, (including flour, grits)
PEANUT BUTTER

Reports from the field representatives on the market news indicate a bumper crop of CABBAGE and CARROTS at this time. Help clear the markets for the spring crops.

(Over)

FOOD DISTRIBUTION ADMINISTRATION Industrial Feeding Section-Room 647-821 Market Street
San Francisco, 3, California-Telephone Exbrook 8381-Ex.47

APR 15 1944

ATTENTION BAY AREA INSTITUTIONAL MANAGERS!

Winter Squash is in abundant supply in the Bay Area. Help distribute this surplus by using squash dishes in menu planning. It is an inexpensive food and keeps well on steam tables. Prepare it not only as a vegetable, but combine it with meat in baked dishes, and remember that it is a good substitute for pumpkin in pies, tarts and cookies.

SUGGESTIONS:

Mashed squash well seasoned with salt, milk and very little nutmeg and baked has a different flavor.

Follow your pumpkin pie recipe substituting squash.

Glazed squash has the same flavor as sweet potatoes.

RECIPE:

GLAZED SQUASH — SERVINGS:

	20	50	100
Squash	6 lbs.	15 lbs.	30 lbs.
Brown Sugar	4 C.	2 lbs.	4 lbs.
Fat	3/4 C.	1/2 lb.	1 lb.
Water	1-1/2 C.	1 pt.	1 pt.
Salt	1-1/2 tsp.	1/2 oz.	1 oz.

Make syrup out of sugar, fat, salt and water. Pour over steamed squash. Bake 350° one hour, basting occasionally.